

Supplementary Material:

Supplementary Table S1. Healthy Mediterranean-Style Eating Pattern: Recommended

Amounts of Food from Each Food Group at 6 Calorie Levels.

Calorie Level of Pattern	1,600	1,800	2,000	2,200	2,400	2,600
Food Group	Daily Amount ¹ of Food From Each Group (vegetable and protein foods subgroup amounts are per week)					
Vegetables	2 c-eq	2½ c-eq	2½ c-eq	3 c-eq	3 c-eq	3½ c-eq
Dark-green vegetables (c-eq/wk)	1½	1 ½	1 ½	2	2	2 ½
Red and orange vegetables (c-eq/wk)	4	5 ½	5 ½	6	6	7
Legumes (beans and peas) (c-eq/wk)	1	1 ½	1 ½	2	2	2½
Starchy vegetables (c-eq/wk)	4	5	5	6	6	7
Other vegetables (c-eq/wk)	3½	4	4	5	5	5 ½

Calorie Level of Pattern	1,600	1,800	2,000	2,200	2,400	2,600
Fruits	2 c-eq	2 c-eq	2½ c-eq	2 ½ c-eq	2 ½ c-eq	2½ c-eq
Grains	5 oz-eq	6 oz-eq	6oz-eq	7 oz-eq	8oz-eq	9oz-eq
Whole grains ² (oz-eq/day)	3	3	3	3 ½	4	4 ½
Refined grains ³ (oz-eq/day)	2	3	3	3 ½	4	4 ½
Dairy	2 c-eq	2 c-eq	2 c-eq	2 c-eq	2 ½ c-eq	2 ½ c-eq
Protein Foods	5 ½ oz-eq	6 oz-eq	6 ½ oz-eq	7 oz-eq	7 ½ oz-eq	8 oz-eq
Seafood (oz-eq/wk)	11	15	15	16	16	17
Meats, poultry, eggs (oz-eq/wk)	23	23	26	28	31	31
Nuts, seeds, soy products (oz-eq/wk)	4	4	5	5	5	5
Oils	22 g	24 g	27 g	29 g	31 g	34 g

Calorie Level of Pattern	1,600	1,800	2,000	2,200	2,400	2,600
Limit on Calories for Other Uses, calories (% of calories) ⁴	140 (9%)	160 (9%)	260 (13%)	270 (12%)	300 (13%)	330 (13%)

- Food group amounts shown in cup-(c) or ounce-equivalents (oz-eq). Oils are shown in grams (g). Quantity equivalents for each food group are:
Vegetables and fruits, 1 cup-equivalent is: 1 cup raw or cooked vegetable or fruit, 1 cup vegetable or fruit juice, 2 cups leafy greens, 1.2 cup dried fruit or vegetable
Grains, 1 ounce-equivalent is: ½ cup cooked rice, pasta, or cereal; 1-ounce dry pasta or rice; 1 medium (1 ounce) slice bread; 1 ounce of ready-to-eat cereal (about 1 cup of flaked cereal).
Dairy: 1 cup equivalent is: 1 cup milk, yogurt, or fortified soy milk; 1 ½ ounces natural cheese such as cheddar cheese or 2 ounces of processed cheese.
Protein foods, 1 ounce equivalent is: 1-ounce lean meat, poultry, or seafood; 1 egg; ¼ cup cooked beans or tofu; 1 tbsp peanut butter; ½ ounce nuts or seeds.
- Whole grains: All whole grain products and whole grains used as ingredients: for example, whole wheat bread, whole-grain cereals and crackers, oatmeal, quinoa, popcorn, and brown rice
- Refined grains: all refined grain products and refined grains used as ingredients: for example, white breads, refined grain cereals and crackers, pasta, and white rice. Refined grain choices should be enriched.
- Calories for other uses= calorie from discretionary foods.

Excerpted from: 2015-2020 Dietary Guidelines for Americans. ¹

Supplementary Table S2. Comparison of Dietary Approaches to Stop Hypertension (DASH) and Mediterranean diets. Daily Servings. Recommendations for a 2000 calorie diet plan

	DASH Diet ²	Mediterranean Diet ¹
Food Group	Daily servings	Daily amount
Whole grains	6-8	4 oz-eq
Vegetables	4-5	3 c- eq
Fruits	4-5	2.5 c-eq
Dairy, low fat or nonfat	2-3	2 c-eq
Lean meats, poultry, fish	6 or less	6.5 oz-eq
Nut, seeds, dry beans	4-5 per week	5 oz-eq per week
Fats and oils	2-3	27 grams
Sweets/discretionary calories	5 or less per week	13% of calories/260 calories per day

What counts as a serving/daily amount:		
	DASH Diet 1 Serving	Mediterranean Diet 1 cup or ounce (oz) equivalent
Whole Grains	1 slice bread ½ cup cooked rice, pasta, or cereal	1 medium (1oz) slice bread ½ cup cooked rice, pasta, or cereal
Vegetables	1 cup raw leafy vegetable ½ cup raw or cooked vegetables ½ cup vegetable juice	2 cups leafy salad greens 1 cup raw or cooked vegetable 1 cup vegetable juice
Fruits	½ cup fruit ½ cup fruit juice 1 medium fruit ¼ cup dried fruit	1 cup fruit 1 cup fruit juice ½ cup dried fruit
Dairy, low fat or nonfat	1 cup milk or yogurt 1 ½ oz cheese	1 cup milk or yogurt 1½ oz natural cheese
Lean meats, poultry, fish	1 oz cooked meats, poultry, or fish 1 egg	1 oz meat, poultry, or seafood 1 egg
Nut, seeds, dry beans	1½ oz nuts 2 Tbsp peanut butter 2 Tbsp or ½ oz seeds ½ cup cooked legumes	½ oz nuts 1 Tbsp peanut butter ½ oz seeds ¼ cup cooked beans or tofu
Fats and oils	1 tsp soft margarine 1 tsp vegetable oil 1 Tbsp mayonnaise 2 Tbsp salad dressing	not provided
Sweets/discretionary calories	1 Tbsp sugar 1 Tbsp jelly or jam ½ cup sorbet, gelatin dessert	not provided

Supplementary Table S3. Practical advices of different dietary trends for transplant recipients.

<p style="text-align: center;">Mediterranean Diet:</p> <p>To help patients follow a Mediterranean style eating pattern:</p> <ul style="list-style-type: none"> - Encourage patients to build meals around whole grains, vegetables, fruits, seeds, beans, nuts, olive, and legumes - Encourage fish at least two times per week - Recommend eating meat and sweets less often than other foods - Poultry, eggs, yogurt, and cheese can be eaten in moderation - If your patients are currently eating fewer of the recommended foods, work with them to transition to the healthier eating habits by setting small goals and providing realistic examples. <p>The transplant team and patients can review the Healthy Mediterranean-Style Pattern as depicted in Supplemental Table 1, provided by the 2015-2020 Dietary Guidelines for Americans.¹ The table provides daily goals for each food group based on unique calorie level</p>
<p style="text-align: center;">DASH Diet:</p> <p>The DASH diet is a flexible and balanced heart healthy eating plan. No special foods are required. The DASH diet provides daily and weekly nutrition goals as follows:</p> <ul style="list-style-type: none"> - Eating vegetables, fruits, and whole grains - Including fat-free or low-fat dairy products, fish, poultry, beans, nuts, and vegetable oils - Limiting foods high in saturated and trans fat - Limit sugar sweetened beverages and sweets - Low sodium diet- <2300 mg/day. Some patients may have greater benefit limiting sodium to 1500 mg per day. <p>Additional details on DASH are available at: http://www.nhlbi.nih.gov/health/health-topics/topics/dash, where patients can find information about the diet and even get tips on how to start the DASH diet.</p> <p>A key component of the DASH diet is its low sodium. If patients are resistant to making diet changes, discuss the benefits of a lower sodium diet for kidney transplant recipients^{4,5,6,7,8}. Useful tips about salt/sodium restriction can be found at https://www.nhlbi.nih.gov/health-topics/all-publications-and-resources/tips-reduce-salt-sodium.⁹</p>
<p style="text-align: center;">Vegetarian/Vegan Diet:</p> <p>Vegetarian/Vegan diets do not include foods from animals or animal by-products. To help patients transition to a vegetarian diet if they are currently eating meat, you can suggest going meat-free once per week. The Meatless Monday campaign, a partnership with the National Kidney Foundation, is a great resource to share with patients. They can find recipes and tips on how to eat meat-free.</p> <p>https://www.mondaycampaigns.org/meatless-monday/package/kidney-health.¹⁰</p> <p>Another useful resource to share with patients is the table Healthy Vegetarian Pattern (table A5-1) from the 2015-2020 Dietary Guidelines for Americans¹ with different calorie levels. This table can be vegan if all dairy choices are switched to plant-based dairy substitutes.</p>

References:

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